



A WHOLE NEW LIFESTYLE FOR DAD

Pregnancy, childbirth and the constant caring for a new baby can pose tremendous physical, chemical, and emotional stress on new mothers. As for new fathers, it's not unusual to experience increased challenges in the areas of finance, work, and personal relationships that can diminish their health, not to mention a decrease in personal time, couple time and time for exercise. A dramatic change in posture – holding your baby for hours at a time, looking down at baby, pushing a stroller; a lack of sleep, and the occasional weekend warrior effort at a sport or yard work can leave you feeling fatigued, sore and prone to injury. Chiropractic care can help with these new issues you face by correcting the effects of the poor posture that is unavoidable with a new baby, keeping your body balanced and less prone to injury when you do get the chance for that hockey/football game or the opportunity to build a garage with your buddy.

When you aren't doing an activity as often as you used to, sit more at work, have higher stress levels and don't get enough sleep your body is prone to injury. This can occur when you lift your child up over your head, bend to get something out of your vehicle, or when you take a hit in a hockey game. Chiropractic helps by keeping your joints moving properly. When your joints move without restriction the muscles, tendons and ligaments that control joint motion also function properly and all of these tissues stay healthy. When these tissues are unhealthy your body is much more prone to injury with activities that at one time were very simple for you to perform.

If you have a sore area, give it a day or so to work itself out. If your body cannot repair the injury in that amount of time, seek some advice. It could be as simple as a stretch or applying ice that could make all the difference. It is much better to fix the problem before your body compensates for the injury and starts a progression of health problems. Think about your body a little more like you think about your vehicle – if you don't keep the maintenance up you will end up with some major problems that hold a high cost.